



# A COMPARATIVE STUDY OF SELF CONFIDENCE OF TRIBAL AND NON TRIBAL ADOLESCENTS

Vandana Garg

Asst. Professor, N. K. Patel College of Education Betul.

## ABSTRACT

The aim of the present study was to examine the level of self confidence of tribal and non tribal adolescents and to compare the level of self confidence of tribal and non tribal adolescents. To comply with the study 100 students were selected by stratified random sampling technique from government and private secondary schools of Betul district of M.P. The total strength of the sample was distributed over 50 tribal and 50 non tribal adolescents of secondary level of M.P. Board. For collection of data Dr. Rekha Agnihotri's Self Confidence Inventory was used. Measures of Central Tendency and t-test were used for verification of hypothesis .An analysis of the data obtained from current study showed that, there is significant difference in level of Self Confidence of tribal and non tribal adolescents.

**KEY WORDS:** tribal adolescent, non tribal adolescent, Self Confidence, ASCI.

## INTRODUCTION:

Self confidence is a positive attitude of oneself towards one's self concept. It is an attribute of perceived self. Self confidence refers to a person's perceived ability to tackle situations successfully without leaning on others and to have a positive self evaluation. A self confident person perceives himself to be socially competent, emotionally mature, intellectually adequate, successful, satisfied, decisive, optimistic, independent, self reliant, self assured, forward moving, fairly assertive and having leadership qualities. So the concept of Self confidence enjoys important position in the theories of human behaviour and personality and is regarded as a basic condition of human existence in modern day world by many thinkers.

Confidence is learned, it is not inherited. If one lack confidence, it probably means that, as a child he was criticized, undermined, or suffered an inexplicable tragic loss, for which he either blamed himself or was blamed by others. A lack of confidence isn't necessarily permanent but it can be if it isn't addressed. Our religion, the influence of the culture which formed our perspectives, our gender, social class and our parents, in particular, are all factors which influence and contribute to our level of confidence.

According to Basavanna(1975), "Self Confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right."

New Websters Dictionary (2004) defines self confidence as "confidence in oneself or on one's own unaided powers, judgment, etc."

Thus, a self confident kind of person is a man who strikes us, very sure of himself, he is relatively unworried, is not hypersensitive and is usually in good spirits. Self-confident people trust their own abilities, have a general sense of control over their lives, and believe that, within reason, they will be able to do what they want to do.

Like many other countries of the world, India has a major chunk of tribal population who continually suffer from different types of deprivation. The reason behind this is the tribes are economically inferior, uneducated at times and are less exposed to the modern world. Being the earliest inhabitant of the country, they have maintained a distinctive lifestyle for centuries unfortunately the isolation has kept them out of main stream and made them easy prey to exploitation (Talesara 1994) and when they are forced to get along with the mainstream culture, they don't get adjusted easily. Kundu (1984) stated that lack of education and deprivation that these tribes face due to poverty as well as social relationships thereby resulting in poor self concept and low self confidence.

Adolescence is the most important period of human life. So adolescents need guidance in the development of self confidence and for this purpose school is the most appropriate place where various activities can be organized to foster self confidence among students.

With lots of reservations and programs launched for tribal people for their upliftment and to bring them into mainstream, the level of self confidence needs to be addressed and strengthened.

Thus the present study is taken up to know the level of self confidence of tribal and non tribal adolescents and to compare the level of self confidence of tribal and non tribal adolescents. So that positive things of their culture can be

enhanced and the deprivations identified, enabling them to have the maximum level of self confidence.

## OBJECTIVES:

- 1) To study the level of self confidence of tribal adolescents.
- 2) To study the level of self confidence of non tribal adolescents.
- 3) To compare the mean scores of self confidence of tribal and non tribal adolescents.

## HYPOTHESIS:

- 1) There is no significant difference between the mean scores of self confidence of tribal and non tribal adolescents.

## METHOD OF RESEARCH:

The sample of the research study included tribal and non-tribal adolescent (male/female) students of 11th class in Government and private schools of Betul District of Madhya Pradesh, during the academic year of 2011-2012. The total number of 100 students were selected out of which 50 adolescents belonged to tribal and 50 belonged to non-tribal communities. The sample was collected by using stratified random sampling technique. Agnihotri's Self Confidence Inventory (ASCI) by Dr. (Miss) Rekha Agnihotri was administered to collect the data. The ASCI has been designed in Hindi to assess the level of Self confidence among adolescents and adults. In order to analyze the data in the light of the objectives and hypotheses framed for this study the mean, SD and independent samples t-tests, were applied.

## ANALYSES AND INTERPRETATION:

Self confidence has been calculated on the basis of ASCI. The comparative view of self confidence has been presented in table 1 and table 2:

**Table 1: Table showing number of tribal and non tribal adolescents falling in various categories in this study**

Raw scores	Interpretation	Tribal adolescents	Nontribal adolescents
7and below	Very High	0	2
8-19	High	2	17
20-32	Average	21	25
33-44	Low	26	2
45 and above	Very Low	1	4
	Total	50	50

The result as depicted in table 1 shows that self confidence of 34% non tribal adolescents lies in high self confidence category as their raw score is less than 20. There is no single tribal adolescent under study whose self confidence is very high, 4% tribal adolescents show high self confidence, 42% tribal adolescents show average self confidence and 52% tribal adolescents show low level of self confidence as their scores lie between 33-44.In case of self confidence of non tribal adolescents, 4% show very high level of self confidence, 50% non tribal adolescents show average self confidence and 4% non tribal adolescents show low level of self confidence.

**Table 2: Comparison of mean scores of Self Confidence of Tribal and Non tribal Adolescents**

	N	Mean	SD	t value	Significance
Tribal adolescents	50	32.2	7.2	9.62	
Non Tribal adolescents	50	23.2	9.77		S**

*S\*\*= significant at 0.01 level*

The results of the study show that the mean score of self confidence of tribal adolescents is 32.2 and S.D. is 7.2 as compare to non tribal adolescents whose mean score is 23.2 and S.D. is 9.77. It further shows that mean of self confidence of tribal adolescents is quite high in comparison to that of non tribal adolescents and the calculated t-value is 9.62 which is higher than both the table values at 0.05(1.98) and 0.01 (2.63) levels at 98 degree of freedom. Therefore, the hypothesis of the Study that there is no significant difference in self confidence of tribal and non tribal adolescents is rejected and it can be concluded that there is significant difference between self confidence of tribal and non tribal adolescents. Self confidence of non tribal adolescents is higher than the self confidence of tribal adolescents. Tribal adolescents are having lower self confidence (as per manual higher score shows low self confidence), this may be due to the constraints they face and the hard life style they have to pass through and further due to the pressure of detribalisation.

Bandura (2006) also states that there is a correlation between the society the individual is in and the individual's self confidence. Individuals can have high self confidence like the society they are in, if the society is self confident. In case of tribal society it still lacks self confidence as the tribes are primitive and prefer living in isolation that is in remote areas or dense forests, which generally cut off from other civilized areas, hence they have very limited facilities and opportunities to boost their self confidence. The tribes are confident with the works like hunting, gathering of forest products but when they have to face outer world they lose their confidence. In non tribal society they are more exposed and have more opportunities to boost up self confidence. This may be the reason why non tribal adolescents have higher self confidence than tribal adolescents.

#### **CONCLUSION:**

Self confidence is a function of perceived maternal child rearing behaviour. The analysis of data revealed that the non tribal adolescents have more self confidence than tribal adolescents. Today man is faced with the dangers of war, economic hardships, communal and racial prejudices, ecological imbalance and environmental pollution and above all a fast changing social structure that is becoming more complex day by day. Development of self confidence from growth year makes an individual mature, confident and responsible citizen.

Tribal community is facing problems like stigma, discrimination, isolation, helplessness, worthless and substance abuse. If we build self confidence about their strength it will help them to face the challenges of society. Along with welfare programs we can concentrate on building self confidence among suppressed and marginalized sections of the society which will help in the process of empowerment of these people.

The solution of this lies only in our educational process. More and more interaction between the two groups of adolescents through activity based teaching learning, both in curricular and extracurricular areas and inculcation of the value of caring, sharing and respect for each other's feelings and emotions may enhance the self confidence of both the groups.

#### **REFERENCES:**

1. Best, J.W. and Kalm, J.V. (1992). Research in Education, New Delhi: Prentice Hall India Pvt. Ltd.
2. Dureja,G. and Singh,S. (2011). Self confidence and decision making between psychology and physical education students: A comparative study, Journal of Physical Education and Sports Management, Vol. 2(6), 62-65.
3. Garrette, Henry E.(2004). Statistics in psychology and education, New Delhi : Paragon International Publishers.
4. Gisbert, P. (1978). Tribal India: A Synthetic view of Primitive Man, Jaipur: Rawat Publications.
5. Goel,M. and Aggarwal,P.(2012). A Comparative Study of Self Confidence of Single Child and Child with Sibling, International Journal of Research in Social Sciences, 2 (3), 89-95.
6. Paravathamma,G.H. &Shavanamma,R.(2010,March) .Anxiety level & level of self confidence and their relation with academic achievement, Edu Tracks,9(7).
7. Pastey, G.S. & Aminbhabi, V.A. (2006). Impact of Emotional Maturity on stress & self confidence. Journal of the Indian Academy of applied psychology, 32 (1), 66-70.
8. Singh, T. and Kaur, P.(2008)Effect of meditation on self confidence of student- teachers in relation to gender and religion, Journal of exercise science and physiotherapy, 4 (1),35-43
9. Singh, Y.G. (2010). Level of academic Anxiety: Self confidence & their relation with academic achievement in secondary students. International Research Journal, 1(7).